What to Do if You Are Being Strangled

- GET OUT!
- Call the police.
- Go to the hospital and have a full medical examination.
- Tell a trusted friend or family member.
- Make a safety plan for yourself.*
- Get a protective order against the perpetrator.*

*See our brochures on these topics for more information

How to Help a Friend Who is Being Strangled

- Listen and believe what they are saying.
- Assure them that they do not deserve abuse.
- Encourage them to get help immediately!
- Let them know you support them.
- Gather information for them.
- Take them to clinics and shelters, and offer to help out in any way possible.



WHERE TO TURN FOR HELP

Police

In an emergency, dial 911

Metropolitan Police Department:

1st District: **(202) 299-2037**

1DSubstation: (202) 698-0068

2nd District: **(202) 715-7300**

3rd District: **(202) 673-6815** 3DSubstation: **(202) 576-8222**

4th District: (202) 715-1506

5th District: (202) 698-0150

6th District: (202) 698-0880

6DSubstation: (202) 698-2088

7th District: (202) 698-1500

National

National Domestic Violence Hotline (800) 799-SAFE (7233)

Local

Domestic Violence Intake Center

NW: **(202) 879-0152** SE: **(202) 561-3000**

24-hour shelters, Hotlines and Counseling:

House of Ruth: **(202) 667-7001** x 217 My Sister's Place: **(202) 529-5991**

Financial Assistance

Crime Victims Compensation Program:

(202) 879-4216

Legal Assistance

American University: (202) 274-4140

AYUDA: (202) 387-0434

Bread for the City: (202) 265-2400

SAFE: (202) 879-7857

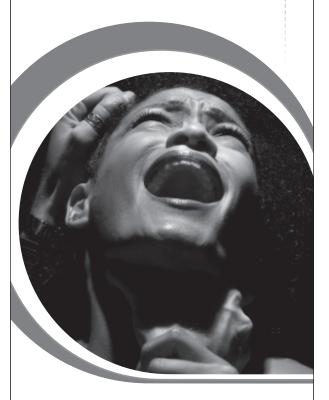


Domestic Violence Unit

300 Indiana Ave, N.W., Room 3156
Washington, D.C. 20001
Office: 202-727-7137 | Fax: 202-727-6491
http://www.mpdc.dc.gov/victimassistance

Strangulation

What happens when abusers strangle their victim?



A quide to getting educated and getting help.



Choking VS. Strangulation

Choking is an **accidental** obstruction of the air passage by some foreign object such as food.

Strangulation is a **purposeful** asphyxiation characterized by a closure of the blood vessels and or air/passages of the neck as a result of external pressure on the neck.

Statistics

- Ten percent of violent deaths are from strangulation.
- Women are strangled six times more often than men.
- A woman can strangle a man twice her size.
- The majority of strangulation cases occur in domestic situations.
- Almost 50% of the time, children are present in strangulation cases.
- After just 50 seconds without oxygen to the brain, most people do not recover.
- After four minutes without oxygen, a person can be declared legally brain dead.

THREE TYPES OF STRANGULATION

- Hanging
- Ligature (with a chord or rope)
- Manual (with hands or forearm)

Possible Effects

- Hoarseness or total loss of voice
- Difficult or painful swallowing
- Difficulty or inability to breathe
- Restlessness and violence early on; psychosis and amnesia (changes in personality) in the long term
- Involuntary urination or defecation
- Miscarriage days or hours later
- Subconjuctival hemorrhage (Blood-red eyes)
- Bruises, cuts, scrapes, petechiae (small red dots), and finger imprints
- Death

STRANGULATION IS A SERIOUS ISSUE!

Physical Abuse

Ranking Scale Increasing in Severity

- 1. Throwing things, punching walls
- 2. Pushing, shoving, grabbing, throwing things at the victim
- 3. Slapping with a open hand
- 4. Kicking, biting
- 5. Hitting with closed fists
- 6. Attempted strangulation
- 7. Beating up (pinned to wall, hit and kicked many times)
- 8. Threatening with a weapon
- 9. Assault with a weapon

